



Serves: 4

# French Beans with Walnuts

## Ingredients

- Olive oil 2 tsp
- Shallots, sliced 40g
- Garlic, minced 20g
- French beans 550g
- Tomatoes, deseeded and sliced into strips 120g
- Salt, to taste
- Black pepper, to taste
- Walnut, toasted 30g

## Tips:

- Cook and serve vegetables just before eating to retain maximum nutrient value.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Fruit, vegetables, oats and beans are rich in soluble fibre which helps lower blood cholesterol levels.

## Method

- In a pre-heated pan, sauté shallots and garlic till fragrant.
- Add french beans and fry for minutes. Add tomatoes and toss for 1 minute.
- Season to taste. Toss with toasted walnuts before serving.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 138kcal

Protein 5.1g

Total fat (g and % of total calories)  
6.7g (43.1%)

Saturated fat 0.7g

Cholesterol 0mg

Carbohydrate 14.7g

Dietary Fibre 2.8g

Sodium 341mg